

September 2026

Children and Young People's Newsletter



Allkind



Happy September everyone! In this month's newsletter, we are discussing how to settle in to the new school year and the new season, how we did over the past academic year and some new workshops developed for young people aged 16-25.

Welcome back!

1. Get back into a routine

After the summer holidays, it can take a little time to get used to school routines again. Now that you are back to school, try to keep a regular bedtime and wake-up time to help your body to adjust. Having regular mealtimes and getting your school bag and uniform ready the night before can also make your mornings feel calmer and less rushed.



2. Quiet your mind

It is normal to have thoughts or worries about going back to school. Try giving yourself a few minutes to slow down and relax. You could practise slow breathing, listen to calming music, do some colouring or try a short mindfulness exercise.



3. Talk about how you are feeling

You might feel excited, nervous, worried or a mixture of different emotions about returning to school. Whatever you are feeling, you do not have to keep it yourself. Try talking to a parent, carer, friend, teacher or adult you trust. Sharing your worries can help you feel supported and may make things seem less overwhelming.



The start of a new school year does not have to be perfect.

Give yourself time to settle in, notice the small things that are going well.

We hope you have a great year of learning, friendship and new experiences!



World Letter Writing Day



Celebrate World Letter Writing Day on 1st September by writing a letter to a friend. You could share your favourite summer memories or something new you tried. It's a lovely way to reflect, connect and start the new term positively.

Our workshops

Our team has been working very hard over the last academic year to support families, children and young people, as well as staff in Westminster and Kensington and Chelsea. During the 2025/2026 academic year, we have worked with 79 schools.

The most popular workshops for Children and Young People included Friendship and Peer Pressure, Kindness, Transition to Year 7 and Online Safety; while Understanding and Managing Children's Behaviour, Screen Use, Anxiety, and Sleep Hygiene were amongst the most popular for Parents and Carers. Introduction to Mental Health Support Team (MHST) was the most popular workshop topic for School Staff as well as Understanding Anxiety and Low Mood and Resilience.

We would like to take this opportunity to thank all children and young people, parents and carers and school staff we were able to support over the last academic year. We look forward to continuing our hard work in the next academic year to support the mental health and wellbeing of young people, families, and schools.



Workshops for Young People Aged 16+

From September, we are introducing our new set of workshops for young people aged 16 and above, with more in-depth information tailored to an older group.

- Social Media and AI
- LGBTQIA+
- Male Mental Health
- Managing Assessment Stress
- Managing Emotions
- Body Image
- Mental Health Awareness

If you have any requests for new topics or for an existing topic to be updated to an older group, please contact us on:
mhsteam@allkind.org.uk



Mindfulness Corner



Lower your eyes, and notice where your breath is. Bring warm awareness first to the crown of your head, then let it trickle slowly over your scalp and face. Scan downward through the neck, shoulders, back and chest, noticing any sensations without judgement. Move down through your stomach area, hips and legs, all the way to your toes. If tension arises, direct a long, soothing exhale right to that spot. This process is called Guided Body Scan Meditation.